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Abstract

Tend is an app with recovery at the forefront of its design. Tend would be using the most recent and effective techniques for people with depression and anxiety in their day to day lives.

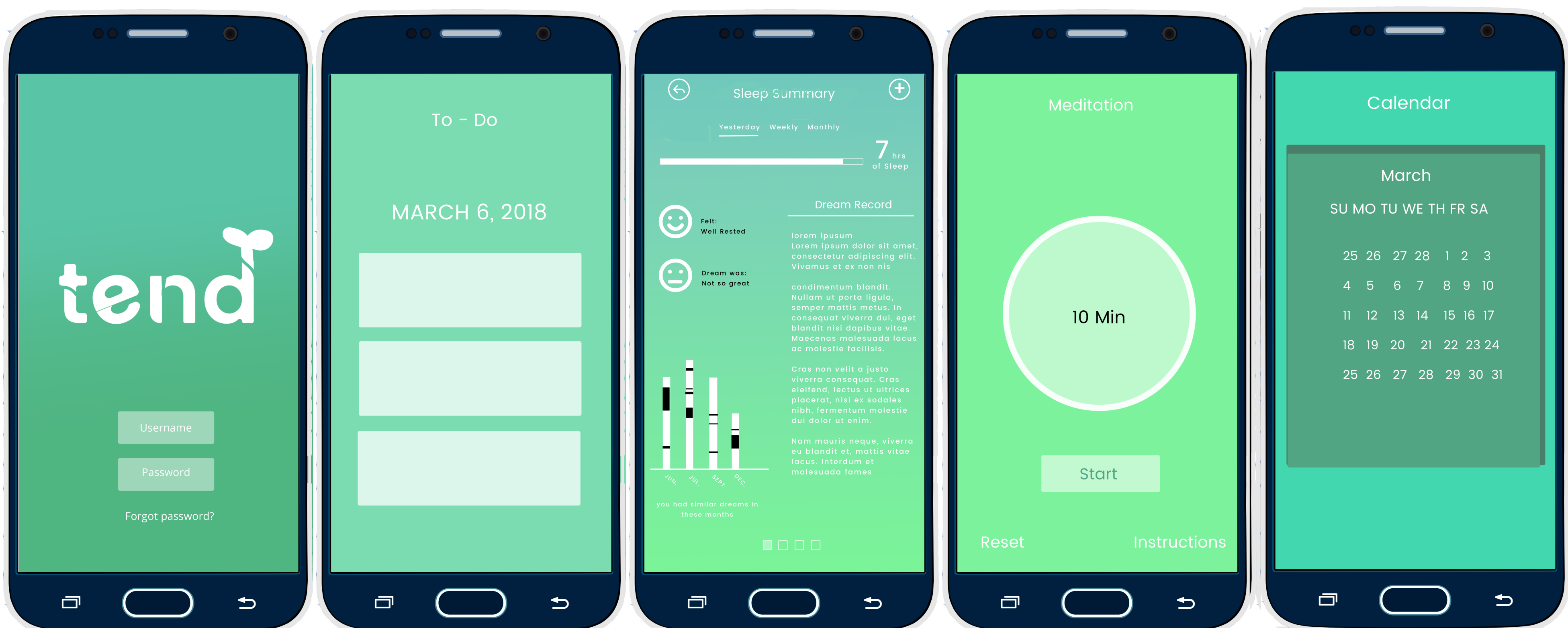
Purpose

Depression in adolescents and young adults has increased in recent years, but there has been little change in mental health treatments to help this specific demographic. There is also a lack of resources for those already diagnosed with depression and anxiety to help them with tasks like time management, eating proper meals and regulated sleep schedules that make day to day life difficult. In order to assist those in need, tend will serve as a daily planner, sleep monitor, and reminder system.

Research

In order to make the most efficient phone app for recovery I made sure to look into some of the most prominent difficulties depression therapy tries to tackle, as well as interview individuals in my target demographic and ask them what they feel as though they need the most assistance with in their daily lives. I found also that in general those i interviewed reacted more positively to colors they considered soothing, like green or blue when I showed them my layouts. I also used many round and simplistic shapes to make the app appear as inviting as possible

Pages



Features

Reminders
Alarm System
To-Do Lists
Notifications
Sleep Chart
Notes

Conclusion

I wanted to make an app that is accessible to the average person to use in their day to day lives. Since many people can not afford the price of standardized medical care or counseling I wanted to make something that could help those around me.

